



DCH Team,

I hope everyone is doing well and you and your families are staying safe and healthy.

Earlier this month, we noted the one-year mark since we sent out guidance for you to work remotely to help mitigate the spread of the COVID-19 virus. As I said in my note then, the resolve, passion and determination to continue the critical work of the agency by each of you has been remarkable to watch. Thank you again.

Speaking of answering the bell during the public health emergency, perhaps no DCH divisions have been affected to the extent as our Healthcare Facility Regulation Division (HFRD) and Medical Assistance Plans (MAP) Division, particularly the Medicaid program that falls within MAP. And as March is Women's History Month, we felt it only appropriate that we would [feature](#) and honor our two respective Executive Directors for HFRD and MAP, Melanie Simon and Lynnette Rhodes. Their tireless work and leadership in helping the communities we serve fight COVID-19 as well as fulfilling the countless other responsibilities they have on their plates is to be commended.

Reading Melanie's and Lynnette's comments, I'm struck by a common thread – even as highly-respected veterans of the agency, both Melanie and Lynnette talked about listening...being teachable...and adapting. I think we can all learn a lot from that type of humility, whether you're in a managerial position or still working towards fulfilling your ultimate goals here at DCH. As we celebrate Women's History Month, please take a moment to [read](#) these profiles – along with profiles on some of our other remarkable women that help drive this agency forward.

As you know, we are nearing the end of the 2021 legislative session, and there are still quite a few bills working their way through the chambers over at the Capitol that could have an impact on our work here at DCH. Please [read](#) our update on these bills; we will be sure to follow-up next month with more information on each of these pieces of legislation.

Finally, thanks to those of you who sent images of your home offices. It appears you have made the best of a tough situation and developed some pretty great workspaces from your homes. It's not always easy to work from home, particularly these days as many have kids at home or whatever else you may be juggling. Seeing your [workspaces](#) and hearing you talk about them is refreshing; it gives me confidence that you are handling this unprecedented time in stride.

As we continue to navigate COVID-19, I want to reaffirm our guidance that unless you are required to be in the office for on-site business activities, you should work remotely to help mitigate the spread of the virus.

On behalf of the ELT, thank you for all you do for DCH and the communities we serve.

Frank



DCH SPOTLIGHT – “LIMITLESS WOMEN”

“Little girls with dreams become women with vision.” – *Author Unknown*

DCH has no shortage of visionary women who continue to make this agency great. Titles are of little importance, especially knowing that when a woman is present, everything within her reach has the inevitable potential to become better. Former First Lady of the United States, Michelle Obama, once stated that “there is no limit to what we, as women, can accomplish,” and in honor of Women’s History Month, we are spotlighting a few of the limitless women we are proud to call team members.

Melanie Simon

Executive Director, Healthcare Facility Regulation Division

Melanie is acutely cognizant of the kindness and compassion permeating throughout the division that she leads. Personal lives and simple day-to-day tasks have taken a dramatic turn over the course of the past year, and yet her team remains ready and willing to meet and exceed the challenges. The resilience that she has witnessed throughout the HFRD team is overwhelming. As Melanie notes, she feels honored and constantly inspired by this amazing group of people.



2020 was in no way an easy year for Melanie. As the Executive Director of HFRD, constantly being under the microscope and in the center of the spotlight during a most daunting global pandemic – one that overwhelmed many healthcare facilities – proved to be quite challenging.

And yet she stood firm, leading her team in developing and implementing strategies to mitigate the impact of the virus among Georgia’s most vulnerable citizens. And while she may be the proverbial “face” of HFRD, Melanie is quick to give the accolades and praise to her team, who she notes really stepped up and were proactive in developing and implementing solutions that responded to the needs of those facilities --primarily long-term care facilities (LTCF). In the midst of a never before seen crisis, there was no blueprint as to how to continue to provide safe, quality oversight of healthcare to LTCFs, but the team worked together and with the facilities across Georgia, as well as our Government partners, to develop a plan of action that is still in play today.

As a veteran leader for the agency, Melanie has gained the respect of her colleagues and direct reports by being a selfless advisor who operates with honesty and integrity. She is smart, compassionate, and holds herself accountable to the people she serves as well as her team.

"I have learned a lot about the character of the team we have in HFRD, and it's really been inspiring to see them step up and work so hard to make an impact during this time," says Melanie. "They have really inspired me in my personal goal to be more flexible in my thinking, and also being more open minded to embrace those 'out of the ordinary' ideas. I have learned that my team has different ways of doing things, and I think that's really critical to growth. Over the course of the past year, they've taught me how to not be so fixed on how I think things should be, especially in this ever-changing environment. Allowing people to take risks and possibly make mistakes is how learning evolves. We don't learn from success; we learn from failure. This team has truly driven that point home for me. Some of the ideas they've come up with have been quite remarkable. We've implemented a lot of new things, and we will continue to do that."



Lynnette Rhodes

Executive Director, Medical Assistance Plans (MAP)

As the Executive Director of the state's medical assistance programs, Lynnette's plate is perpetually full. You'll never find her sitting idly by waiting for something to happen; she's already strategizing, ensuring that the right people are in place to implement the next big project. With COVID-19 weighing heavy on the hearts and backs of exhausted teams across the agency, Lynnette's overall role has not necessarily changed. There is, however, one thing that has noticeably changed:

"The work has increased significantly," says Lynnette. "As you can imagine, when we were placed under the public health emergency, that created another dynamic within MAP that required significantly more effort beyond the typical day-to-day operations. It has been quite the task navigating through this trial, while also handling normal everyday priorities on top of that."

Although managing a team remotely as large as MAP can present quite the challenge, Lynnette remains unshaken. She has the firm backing of a heavy-duty support system, and generously extols the merit of the three prominent forces that keep the division running like a well-oiled machine.

"I have to acknowledge our MAP Deputy Directors, Dr. Kelvin Holloway, Brian Dowd and Catherine Ivy," continues Lynnette. "They are critical in the work that we do for our members and our providers – bearing the brunt of having to resolve difficult situations, while staying connected to their individual teams and making sure that those team members are staying engaged and motivated to keep pushing. Because of them, MAP remains an efficient and organized division."

For Lynnette, perception is everything, and her outlook is slanted towards the positive as she mentions the MAP forecast for 2021. That includes major initiatives such as: continuing to

navigate COVID-19, while also thinking ahead to next steps for unwinding and resuming normal operations post-COVID; getting the first phase of Georgia Pathways up and running by July; and ensuring that phase one of Electronic Visit Verification is ready to launch in April. As an additional note, those initiatives barely scratch the surface of the items still yet to be done.

“As a public servant, clearly understanding the work that we do, and the impact that work has on our citizens is what keeps me going,” says Lynnette. “We have to stay focused on the mission and the goal. We also have to be teachable. In the world of Medicaid, things are always changing, and we have to be willing to learn and listen in order to grow. Being open to implementing new ideas and new suggestions is how I think we all can make the greatest impact.”

Earlier this month, Lynnette added another role to her resume when she became a board member for the National Association of Medicaid Directors as a Region III -South representative. Congratulations Lynnette on your new appointment!

Suzannah Lipscomb

HIPAA Privacy and Security Officer
Health IT Unit Attorney
Office of General Counsel



As a 9-year veteran of DCH, Suzannah has taken her role as a DCH Ambassador for the Office of General Counsel very seriously. As a newbie coming into the office years ago, she remembers the struggle of trying to acclimate to a new environment in the public sector. Now, she graciously welcomes new employees into the fold, hoping to make their transition smooth and less difficult by being an informative, supportive and accessible colleague.

“Assisting the Department with legal guidance and direction means learning a lot of information, and being able to regurgitate that information – it can be tedious and overwhelming,” says Suzannah. “For our new attorneys, I think it’s easier to break the information up into little chunks, and then allow them to digest that information before moving on to the next thing. I’ve had the opportunity to accumulate so much knowledge over my years here at DCH, and I think it is important to push that knowledge out to others so that there is always a capable team member positioned to fulfill an ask.”

A motivated self-starter, Suzannah’s inspiration comes from seeing a project through from beginning to end. As an attorney, that could mean years of litigation, but the final result is what solidifies the joy. That joy, however, is not always limited to work. She notes two things that have gotten her through the past year, and filled her with hope for the future:

“Humor and our ‘pandemic’ trampoline got my family through 2020,” says Suzannah. “I purchased a trampoline last year right before everything shut down, and it has been a lifesaver! It breaks up the monotony of the day and has proven to be a wonderful stress reliever; it is something that we enjoy as a family. My new motto is: ‘The family that bounces together stays together!’”

Somewhere in that motto, there has to be a profound metaphor for 2021 simmering – inclusive of two words: “bounce back” and “normality.”

**Takasha Hurley**

Promoting Interoperability Program Manager
Office of Information Technology, Health IT

One of the core characteristics of an excellent leader is adaptation. That is not an issue for Takasha, who often describes herself as one who knows how to maneuver through any situation. As a disabled veteran, having previously served in the U.S. Army for five years, Takasha has been trained to be the best – to adapt and to overcome. The former military policewoman takes that same attitude in life and in her current role as a program manager within the Health IT unit.

“I am always striving for excellence and hope to be a positive motivator that encourages my team members to take that same approach in their roles as well,” says Takasha. “I think that it is important to not limit ourselves and to always push for growth. I never want to stop growing, and I hope that I am leading by example and inspiring others to want to grow in their careers as well.”

Takasha notes that the past year has been very different for her team, especially within the remote working space. With elements of the program she oversees coming to an end, this has meant that a few team members have been moved around to other units. Although she has seen an increase in her workload, she keeps the program moving forward as if no one is missing. She enjoys work that has a lot of moving parts and doesn't even entertain the thought of idle time.

“I am beyond ready for 2021. I am already thinking ahead and gauging what may be coming down the pipeline. I've got my boots strapped on, and I've got my marching orders. Whether we are back in the office, or still at home, I am ready to move forward. There is work to do. Let's get it done!”

DCH is an agency that strongly emboldens women to step forth as true leaders. As March comes to an end, we honor all of the women within DCH who have dedicated their lives to public service.

And, for each of the women leaders represented in this article, they have shown dedication and commitment to keep the work moving throughout the global pandemic. It would be a great misfortune to not acknowledge a common theme that resonated with each of the women during their interviews: the importance of self-care, and maintaining structure by having a dedicated schedule that separates work life from home life. In short, that means to be patient with yourself and give yourself permission to pause, or even hit the “off” button. Can anyone really be effective at anything that is done 24/7?

In retrospect, Melanie Simon may have said it best during her interview:

“If you want to be a better leader, you have to take a break every now and then. In order to have the wisdom, energy and enthusiasm you need to be successful, you have to take a moment to

decompress and then regroup. That will make you a better person, a better employee and a better leader with renewed vigor and vision.”

***Thank you to each of the aforementioned DCH team members for contributing to this article.*



Legislative Session Update

The Georgia legislative session is entering the home stretch, and DCH is seeing some movement in relation to some of the key bills that could impact the agency moving forward. Below are a few updates on some of the bills we've been tracking.

Prior to the start of this year's legislative session, DCH identified three legislative "asks" of our own.

House Bill 93

Representative Sharon Cooper is the sponsor of HB 93. She has worked closely with DCH on this legislation that would remove state level licensure of laboratories. The goal of the bill is to remove duplicative regulation so that only federal certification requirements will apply. The bill has passed through both the House and the Senate and will now await Governor Kemp's signature for possible final adoption.

House Bill 553

HB 553, sponsored by Representative Stan Gunter and carried by Senator Bo Hatchett, pertains to administrative hearings and procedures. The bill seeks to provide easier access to hearings through electronic participation and filings. DCH requested the addition of language to the bill that would allow DCH to be the final decision maker in appeals related to Medicaid. This would bring state law in line with federal laws, which require the Medicaid agency to be the final reviewer. HB 553 has passed through the House and Senate but will need an "agree" on the same version between the two chambers.

Senate Bill 164

SB 164 seeks to modernize Georgia's human immunodeficiency virus (HIV) laws with respect to criminalization of the virus. While most of the bill doesn't impact DCH directly, DCH did request language be written into the measure striking the current Georgia statute stating that as part of the prosecution of HIV transmission crimes, the test has to be approved by DCH. This is due to the fact that DCH does not approve tests, but can validate if the laboratory which conducted the test is appropriately licensed to do so.

Over the course of the session, DCH identified additional bills that needed to be monitored for impact to the Department.

House Bill 163

HB 163, sponsored by Representative Sharon Cooper, seeks to direct DCH to submit a State Plan Amendment to implement an “express lane” enrollment mechanism to automatically enroll more children into the state’s Medicaid program. Under the proposed bill, automatic enrollment would be made possible based on application data received for the Supplemental Nutrition Assistance Program.

The new enrollment mechanism, or express lane, would ultimately need to be submitted to federal officials for approval. The bill has passed through both the House and the Senate, and now moves to Governor Kemp’s

desk for consideration of final adoption.

House Bill 290

HB 290 has become a hot topic at the Capitol based on recent events during the COVID-19 public health emergency. The bill proposes that health care facilities allow at least one person known as a “legal representative” to have access to a patient or resident for at least one hour a day, including during a health emergency. The bill has seen many different versions, and the Office of Government Relations is closely monitoring the final language of the bill if it progresses.

The bill has passed through the House and is currently under review in the Senate.

House Bill 271

HB 271 centers around emergency medical services, particularly ambulances, and the funding they receive through the Medicaid program. Under the proposed bill, DCH would be asked to assess one or more provider matching payments on ambulance services for the purpose of obtaining federal financial participation for Medicaid. Previously, only public ambulance providers have been able to receive these supplemental payments. If passed, this bill will allow private providers to be eligible for the supplemental funds as well.

The bill has passed both the House and Senate and moves next to Governor Kemp’s desk for consideration of final adoption.

Senate Bill 215

SB 215 proposes to authorize Certified Medication Aides (CMAs) to be employed in nursing homes. Currently, CMAs are not permitted in a skilled nursing setting. The bill also provides for any licensed facility in the State to conduct a Certified Nurse Aide (CNA) training program if they can meet the minimum federal standards for such a program. These efforts are both intended to improve a workforce shortage throughout the industry.

The bill has passed through the Senate and House but awaits an agree from both chambers.



Introducing DCH's newest development:

The Office of Analytics and Program Improvement (OAPI)

When Daphanie Keit began her role as the Executive Director for the Office of Continuous Program Improvement (CPI) at the end of last year, one of her goals was to ensure that the agency continued to move forward in working with its provider community with enhanced efforts supported by cold hard data. Just recently, she was entrusted with even further influence to enhance her vision for the office with a more expanded role – as the Executive Director of the newly minted Office of Analytics and Program Improvement (OAPI).

As the leader of the newly combined CPI and Office of Healthcare Analytics & Reporting (OHAR), Daphanie is working with the team to drive OAPI's mission to maintain a heavy focus on the Department's data integrity (for both internal and external stakeholders), while also continuing CPI's work of streamlining processes for some of DCH's key programs, including the State Health Benefit Plan, Medicaid and PeachCare for Kids® programs.



Daphanie Keit

"When I initially started my role back in October as the Executive Director of CPI, I often had to rely on OHAR to provide me with data to support some of the things I was talking about with our external stakeholder community," says Daphanie. "With this new development of combining the two offices, I see this as a natural progression. I also think that as a Department, we are sending a clear message to our stakeholders that we are, in a sense, upgrading, and that includes emphasizing how we are making strategic decisions that are definitively data driven."

To move the office forward, Daphanie noted three of many key initiatives on her radar for the team as immediate "to do's" that will also continue to help push program improvement efforts:

- **People Power** – With the merging of the offices, there is a need to fill vacant roles, and open up greater opportunities for current team members who've picked up the ball and kept things moving despite job vacancies.
- **Enterprise Data Governance Committee** – As the current chair of the committee, Daphanie is looking forward to getting the committee up and running. The committee exists as a resource for divisions across the agency that works to ensure all data reported across the agency is consistent, and easily and correctly understood regardless of the interpreter. The committee is comprised of representatives from each division as well as project managers for the Medicaid enterprise system.

- **Procurement** – The office will focus on the re-procurement of a new decision support services system called EASE, the Enterprise Analytics Solution for Everyone!

We are excited to note that additional details regarding OAPI will be released in the coming weeks. Even before the transition, the team was proactively working to expand their knowledge beyond their individual roles and were able to jump in at a moment's notice to support other new initiatives. We look forward to hearing about the forthcoming endeavors on the horizon for the team!



SHOW US YOUR HOME OFFICE!

Since March of 2020, many of us have been fulfilling our remote working duties in our home offices. Did you know that one in four Americans have a home office? To commemorate National Organize Your Home Office Day (March 9, 2021), we asked our colleagues to send us pictures of their workspace. Based on the images you will see in this article, DCH team members have done an admirable job of carving out work areas within their homes that provide ample and efficient space for optimal productivity. Maybe some of these images can spark ideas for you in setting up or refining your remote working space:



Patricia E. Zagorski

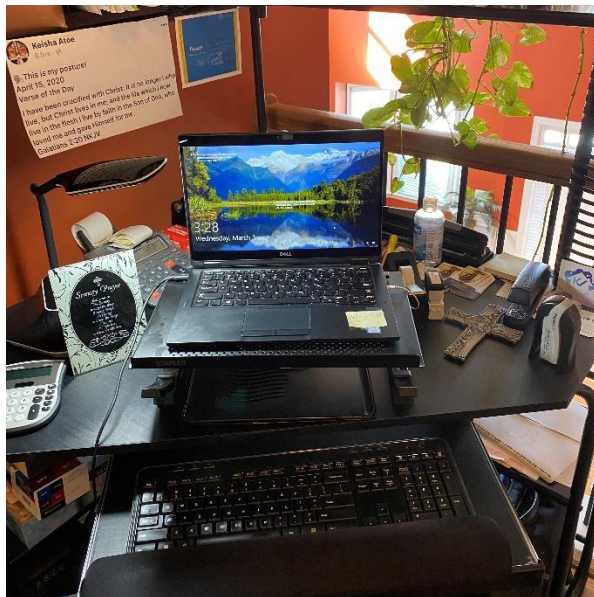
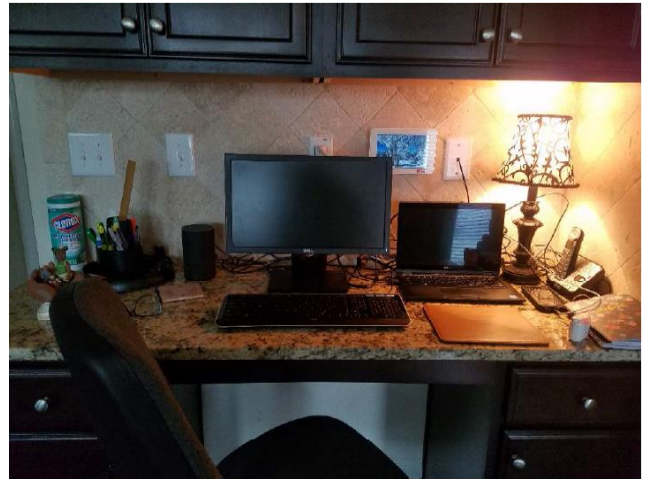
Enforcement Specialist
Office of Investigations & Enforcement
Georgia Composite Medical Board

"My formal living room transitioned to a formal office while getting my bachelor's degree. It then transitioned to my home office for the Georgia Composite Medical Board. I love my short commute down the stairs!"

Sandra Mason

Licensing Analyst
Georgia Board of Pharmacy

"I am a licensing analyst for the Georgia Board of Pharmacy/Dentistry. This is my quiet space. I admit that it was very difficult at first working from home (I have never done this before); some days were good, some not so good. However, I created my office space and it is very serene based on my needs. Now, I can work here forever."



Keisha Atoe, MPA

Compliance Specialist III
Third Party Liability
Office of Inspector General

"My workspace is my compact smart station; it's comprehensive, comfortable and peaceful. It's a conducive environment for me to get the job done – perfectly positioned with a window side view 😊."

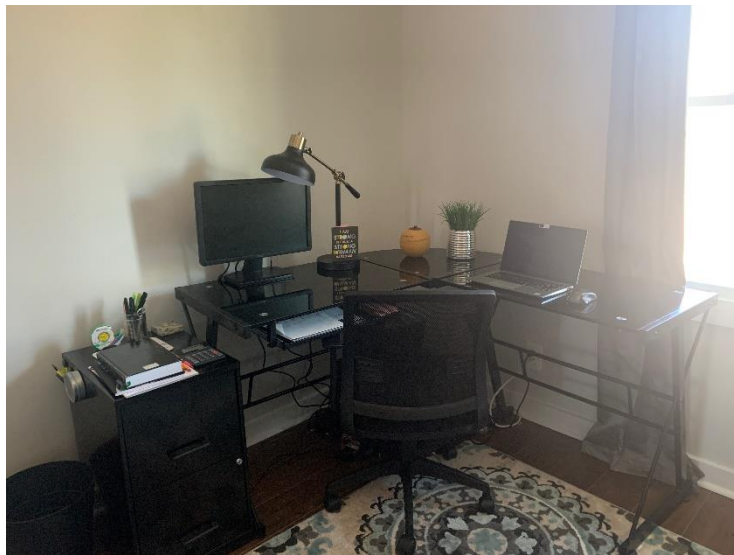


Rachel Barevich

Surveyor Specialist

Healthcare Facility Regulation Division (HFRD)

“A view of my garden and my cat, Rosie, keeps me calm while I investigate complaints for the HFRD personal care home program.”



Zainab Muhammad-Only

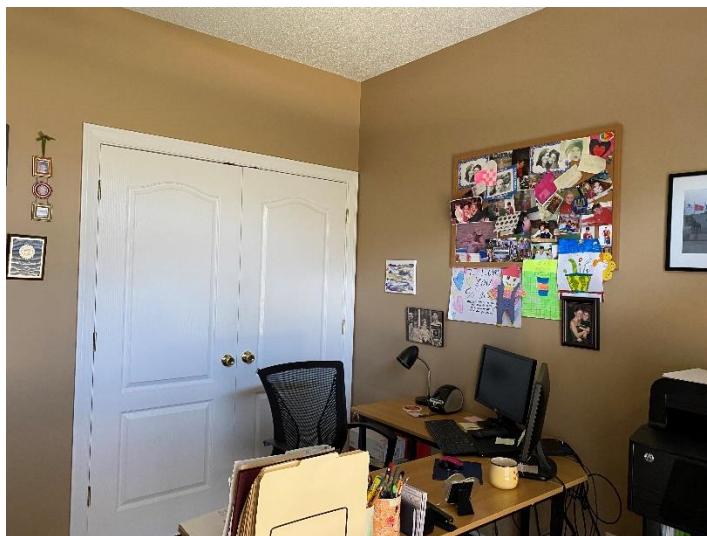
MAP Eligibility and Enrollment ,
Eligibility Systems Support Director
Medical Assistance Plans

“I love the way the sunshine comes through the window while I work. It gives me energy while I’m completing tasks!”



Pauline Collins
Complaint and Triage
Healthcare Facility
Regulation Division

"Enjoying my at home workstation during this pandemic while enjoying being effective working remotely. KUDOS to DCH!!!!"



Brandi P. Howell
Business Support Analyst I
Georgia Boards of Dentistry &
Pharmacy

"I like it because this is my very own space in the house. I am able to shut the door and concentrate, and get my work done with no distractions."

Rabina Sheriff

Economic Support Specialist 3
DCH - Katie Beckett Unit

“This is now one of my favorite areas in the house. The den was converted into my very own personal office. I get my work done without any distractions or noise. My desk is right by the window, so the bright sunlight and fresh air makes it even better.”



Tanyka C. Brathwaite, DM, MBA
Accountant III
Division of Financial Management

“It was important for me to create an authentic space at home to ensure that my remote work environment would be functional. I love it.”

Dawn Waldrip
Director, Hospital Services

“Roxy” and “Dia”

Coworkers

Georgia State Office of Rural Health

“My office works very well for me because it is very quiet, well lit, and my desk sits in front of the window where I have a view of the outdoors. I recently rearranged the room to make my virtual background more attractive for state and national meetings. Best of all, my two furry coworkers, Roxy and Dia, keep me company all day. However, sometimes they get bored during virtual meetings and tend to snore too loudly. Thank goodness for the mute button!”



Sharon D. Clark

Employer Services, Eligibility and Benefits
Administration

Division of State Health Benefit Plan

“My home office is in front of the house and I like working there. I can hear the traffic and other outside activity while I’m working. It gives me that familiar sense as if I’m working at 2 Peachtree Street.”

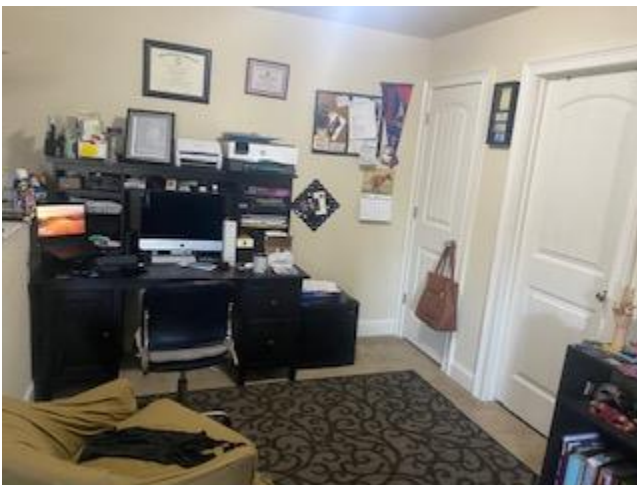
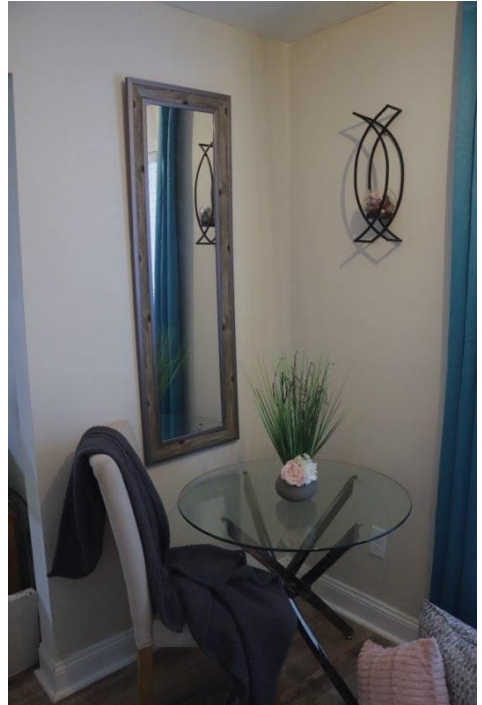


Joann Echols

Compliance Specialist 2
Healthcare Facility Regulation Division

“This home office is decorated in a calm and cool color palette with a variety shades inclusive of turquoise, pink, and gray. These colors are associated with calming, refreshing, energy, serenity and

wisdom – all of which reflect my personality. This office works for me because it inspires me to stay focused. I often spend nine or more hours, five days a week in this space. Additionally, I can control temperature and noise level of this environment. Finally, this office provides an ambience that allows me to perform at my best.”



Lakisha

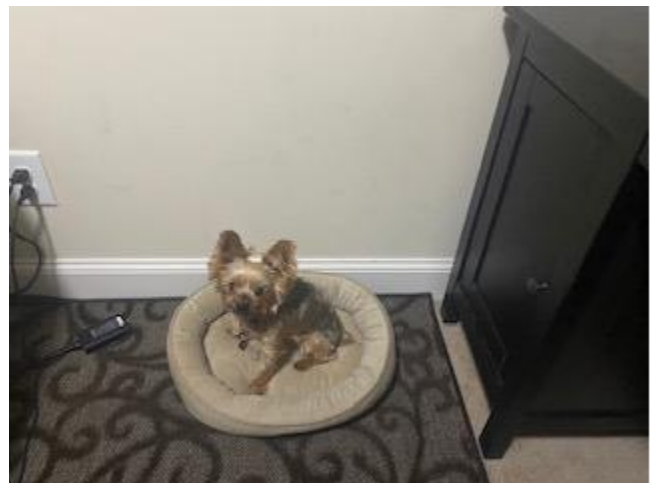
M. Baldwin

Legal Secretary

“Gizmo”

Assistant to the Legal Secretary
Healthcare Facilities Regulation Division

“This space is small but quaint, and allows me to focus when needed. My assistant is Gizmo, but he’s really bad at his job. This pic is one of the rare occasions where he is actually awake.”





Vivian Denson

Administrative Assistant II
Commissioner's Office

"I love working in this specific area of my room because of the natural and beautiful lighting that comes through my window, which creates a peaceful ambience."



Judy C. Thompson

ASPEN Coordinator
Healthcare Facility Regulation Division

"The attached photo is my favorite work area because of the space, natural lighting from the window, outside view and peacefulness."

Tina Hawkins

Manager 2

Office of Information Technology

“My workspace is great because I converted my spare bedroom into my office. I have more space to move around. There is awesome natural light due to the large window.”



Catherine Bradfield

Clerk

Healthcare Facility Regulation
Division

“This home office works for me because of its natural flow.”

Ruth Reece

Licensing Analyst
Georgia Boards of Dentistry &
Pharmacy

"I have been a remote worker (Licensing Tech) for several years with the Georgia Boards of Dentistry and Pharmacy. My office is in a corner of a guest bedroom. It works for me because I can close myself off from distractions from family members, and I have a window to brighten up my day. I also have a treadmill beside me if I decide to take a break and stretch my

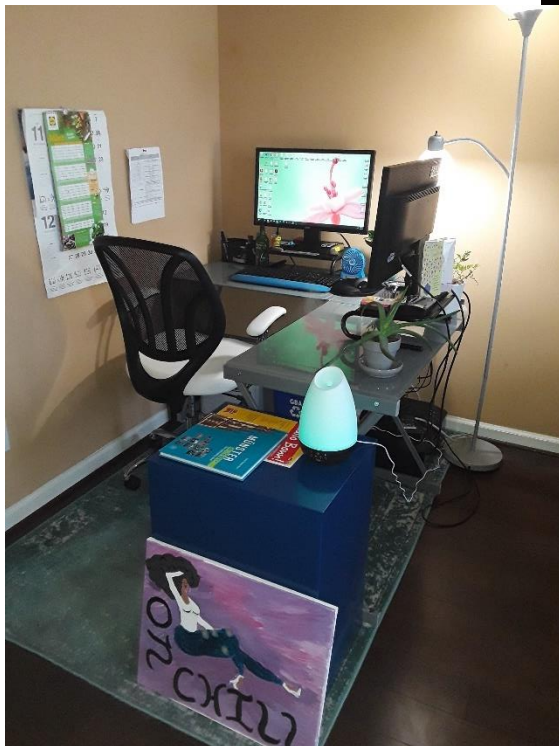


legs...LOL."

Sharon Byrd

Reconciliation Accountant-General Ledger
Department
Financial Management Division

"My space works for me in getting my job done because the colors (blue, green, yellow, grey, and brown) and the materials (plants, rocks, wood, and glass) that surround me remind me of the elements of NATURE, which mentally relaxes me. This helps me to be more productive, especially during stressful days of work deadlines and/or tasks within my department."

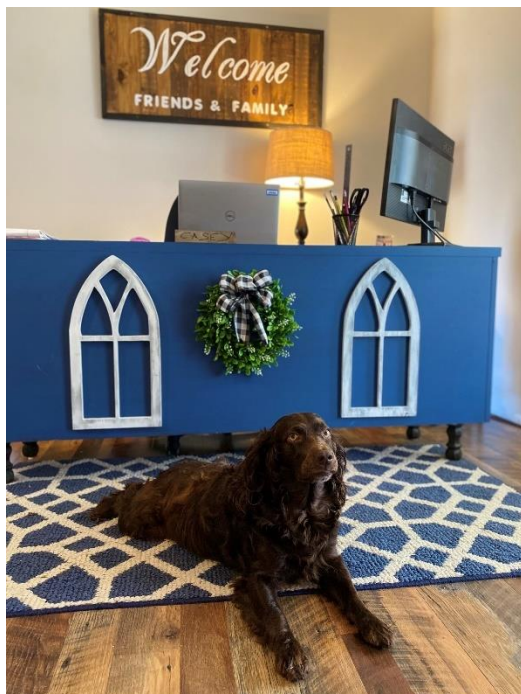




Rebecca Dugger

Director, Program and Community Support
Division of Medicaid

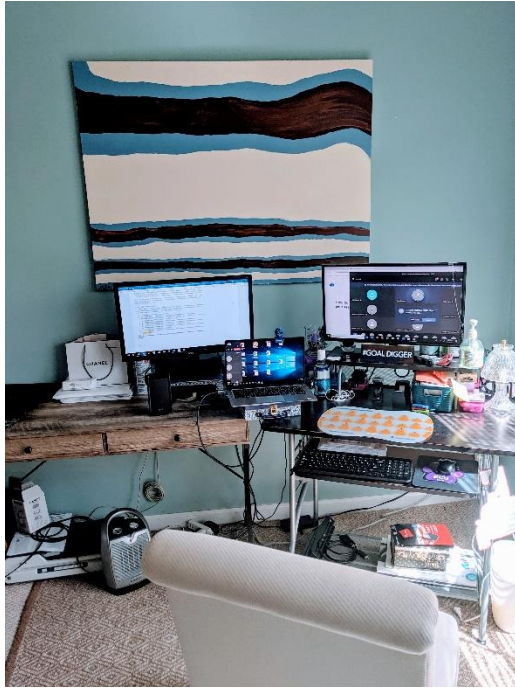
"This is originally the craft room turned office space. It works because it is quiet and it does take a bit of creativity to navigate, work and home school."



Casey Hooks-Beasley, MCMP-II

Medicaid Quality Control Supervisor
Medical Assistance Plans Division

"This area works for me best because it is comfortable. My office area first came about because it was an unused area of my home in the main living area, so really I chose it out of convenience, but I have found enjoyment and comfort in the space. My home office resonates with me as its decor is reflective of my personal style and a very favorite place for my four-legged family members to visit."



Nichole Thompson
Director of Provider Enrollment
Medical Assistance Plans



“This area works for me because it is within my bedroom and I can simply walk over to it after I’ve showered and gotten dressed. I like sitting here next to the window so that I can get sunlight. Although it looks a little busy, I have everything I need at my fingertips.”

WELCOME DCH NEW HIRES!



Alycia Allgood
Office of General Counsel



Isha Barrie
HFRD



Ebone Harrill
HFRD



Latashia Johnson
HFRD



Mercena Landers
HFRD



Cassandra Taylor
Financial Management

National Nutrition Month 2021

Personalize Your Plate

Check out these tips from eatright.org on ways to craft an approach to nutrition that's as unique as you.

Cook & Prep



Learn skills to create tasty meals to share and enjoy.

Meal Planning



Enjoy healthful eating at school, work & home.

Vary Your Diet



Eat a variety of nutritious foods every day.

Visit an RDN



See a registered dietitian nutritionist.

Whole-Wheat Breakfast Burrito

Start your day off right with this simple and well-balanced breakfast. Use a whole-wheat tortilla to boost your fiber and nutrient intake, and serve with an orange. Did you know that pairing vitamin C with iron-rich foods can increase your iron levels?



INGREDIENTS

1 jumbo egg plus 3 egg whites, beaten, or ½ cup egg substitute

1 scallion, white part only, chopped

2 tablespoon low-fat cream cheese

2 tablespoon black beans

3 tablespoon chunky garden-style salsa

1 10" whole-wheat tortilla

Servings: 1 burrito

PREPARATION

1. In a nonstick skillet, cook the egg and scallion.
2. When the eggs are almost done, stir in the cream cheese and beans.
3. Place the tortilla over the eggs in the skillet until warm.
4. Remove the tortilla and scrambled eggs from the skillet, top with salsa, and roll up.
5. Serve with an orange on the side!

NUTRITION

With Eggs (per serving): 423 calories; 40g carbohydrates; 3g fiber; 15g fat; 29g protein; 965mg sodium; 291mg cholesterol

With Egg Beaters (per serving): 336 calories; 40g carbohydrates; 3g fiber; 8g fat; 22g protein; 965mg sodium; 15mg cholesterol

You can log your eating habits in the Sharecare app. Visit [BeWellSHBP.com/Breakfast](https://www.BeWellSHBP.com/Breakfast) to get started!



COVID-19 Reminders

Everyone can play a role in slowing the spread of COVID-19.

Throughout this challenging time, your health and safety remain our top priority. Thank you for all you're doing to help prevent the spread of the coronavirus. Together, we can keep our communities healthy and strong. [Visit Kaiser Permanente's COVID-19 resource center.](#)



For COVID-19 screenings and personalized care plans for minor health conditions like cold, flu, or sinus problems, [complete an e-visit](#). To talk to an advice nurse 24/7, call 1-855-512-5997.

Mark your calendars!

Educator Appreciation Day at Zoo Atlanta

Zoo Atlanta welcomes educators and their families to the **2021 Educator Appreciation Day** on **Saturday, March 13** from **9:30 a.m. to 3 p.m.** Don't miss out on free admission for educators and discounts for accompanying guests. [Get more information and register today!](#)



Your Kaiser Permanente 2021 Wellness Program

Reach your health goals by completing our five-step wellness program.

Each member and covered spouse who completes the Kaiser Permanente 2021 Wellness Program is eligible to receive a **\$500 reward card**, up to \$1,000 per household. [Get the details.](#)

Our investment in you

EARN
UP TO

\$1,000

per household



Complete a biometric screening

Receiving a biometric screening is one of the five steps needed to complete your 2021 Wellness Program. You can schedule a **nurse visit** at a [Kaiser Permanente medical office](#) to receive your screening. Only those screenings performed by Kaiser Permanente are eligible for the reward. Call 404-365-0966, Monday – Friday, 7 a.m. to 7 p.m. EST. Remember to bring your Kaiser Permanente ID card or digital membership card.**

[Get more information.](#)

**Download the Kaiser Permanente app to access your digital membership card. To activate the app, register online at kp.org/register to receive your user ID and password.

Join Healthy Living online nutrition classes

March is Nutrition month, and what better way to embrace good nutrition than to learn healthy eating habits. Our online classes address a variety of topics and can help reinforce your goals. Class topics change so check back often. [Visit Healthy Living Online.](#)

DID YOU KNOW...Completing one of Kaiser Permanente's [healthy lifestyle programs](#) will bring you one step closer to earning your 2021 Wellness Rewards!



Eating healthy can be easy and delicious

Have you visited Kaiser Permanente's [Food for Health](#)? On this web site, we are excited to share recipes that reflect our belief that good taste and good health go hand in hand. Our doctors, nurses and dietitians are passionate about cooking wholesome food for a healthier life.

Try this [healthy vegetable rice recipe](#).



Functional fitness – simple exercises

One great way to stay active and help prevent pain and injury is with functional fitness — or simple exercises that use many muscle groups at once.

Review our list of easy [functional fitness moves](#) you can do most any time with little or no equipment. *Get the whole family involved!*



Peanut butter and “jelly” smoothie

Healthy substitutions

Replace high-sugar jelly with nutritious whole fruits

Blend these ingredients and serve immediately¹:

1 cup almond milk

2 tablespoons peanut butter

1 frozen banana

2 dates

½ cup raspberries

Time-saving tip: Soak the dates in warm water overnight to reduce blending time.

The benefits

A peanut butter and jelly sandwich provides a healthy dose of protein, thanks to the peanut butter. However, jelly does not make it the healthiest choice as it is made from fruit juice and sugar.²

Plus, common bread options, like white bread, are made from refined flour, which the body quickly turns into sugar.³ This can cause rapid changes in blood sugar. Instead:

- This recipe eliminates bread and replaces jelly with dates and raspberries, which tastes similar to jelly.
- A banana adds to the sweetness. Together, these whole fruits provide many nutrients, including disease-fighting antioxidants, fiber, and vitamins.
- Low-calories almond milk adds to the creamy texture. It's also high in calcium, which supports strong bones, and vitamin E to help protect your cells from damage.⁴

¹ Greatist: Simple smooth recipes (accessed October 2020): [greatist.com](https://www.greatist.com/recipes/healthy-recipes/peanut-butter-jelly-smoothie)

² Medical News Today: Is peanut butter good for you? (accessed October 2020): [medicalnewstoday.com](https://www.medicalnewstoday.com/articles/322881)

³ Livestrong: What is More Healthy, Honey or Jelly? (accessed October 2020): [livestrong.com](https://www.livestrong.com/article/64444-what-is-more-healthy-honey-or-jelly/)

⁴ Healthline: What is Almond Milk, and Is It Good or Bad for You? (accessed October 2020): [healthline.com](https://www.healthline.com/nutrition/almond-milk)